

# Ways to cope with **STRESS** and serve as a **Role Model**

**How you handle tension at home, at work or anywhere else may shape how your child deals with it, too.**

So it's important that your coping strategies for dealing with life's pressures serve as teachable moments for your son or daughter. Learning positive ways to deal with ongoing stress can also protect your health.

***Here are some tips to reduce stress:***

**N**urture yourself. Schedule "me time." Enjoy relaxing activities.  
Regularly unplug from your cell, TV and other digital devices to feel replenished.

**O**rganize your time. Manage your day so you are less rushed when doing errands or keeping appointments.

**S**ay "No." Stand up for yourself when you can. Minimize stress in your life.

**T**ry speaking about your feelings instead of keeping them bottled up. This helps your child learn to use words to express his or her feelings.

**R**ecognize your limits. When you can, take action against the sources of your stress, but realize you can only control certain things, including your reaction.

**E**at healthily and exercise. Avoid turning to fast food, caffeine, sugar, alcohol or nicotine for comfort. Take a walk daily and try to exercise on a regular basis.

**S**leep more. Make sure you are getting enough sleep to keep a positive attitude and feel more energetic.

**S**pend time with loved ones. Talk to them about what's bothering you. Just having someone you love listen can help.

**Stress cannot be eliminated. But you can learn to manage it better to protect your health and teach your child positive stress relievers.**



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1-800-552-7096 Virginia Child Abuse Hotline (language line available)

800-Children (800-244-5373) Parent Helpline